

2466 Jackson Valley Road  
Duncan, BC., V9L 6B2  
2018 08 16

ATTENTION: Thompson Rivers University; to whom it may concern:

RE: Donri Helmer -- Prior Learning Assessment and Recognition

I am delighted to write in support of Donri Helmer. As the founder, President, and Head Coach of the Williams Lake Wrestling Club, I can attest to the significant contribution Donri made to our organization.

As for many minor sport organizations that rely on volunteer leadership, our club would not have flourished without the support and hard work of those few parents who were willing to step forward and participate in behind-the-scenes managerial and executive roles. Required tasks included, but are not limited to:

- Finances (including collecting fees, paying bills, fund-raising, applying for grants, budgeting, and accurate accounting); skills -- numeracy, accounting, accuracy in record-keeping and reconciliation, involving computer ability)

- Registration (including individual memberships, and club lists for event registration); skills -- general computer and spreadsheet ability, literacy, accuracy in organizing and processing details)

- Communication (including with individual athletes, parents, schools, other clubs, zone, provincial, and national sport-governing agencies); skills -- telephone, e-mail,, computer ability, and time-management (deadlines abounded!)

- First-aid, travel, accommodation, and equipment management (including for regular practices and for special events) skills -- first-aid, product knowledge, general problem-solving with the human touch, regular attendance, and problem-solving

Without question, Donri's willingness -- and ability -- to 'leap into the breach' to take on whatever role was needed, whether regular long-term or emergent NOW, was outstanding.

It must be understood that Donri and family did not live within the immediate Williams Lake community, but had to commute two or three times a week, throughout the fall, winter, and spring seasons from their home community of 100 Mile House -- approximately 200 Km round-trip. Despite that, their attendance record was among the best in the club, often surpassing that of members living only a few blocks away from our venue.

It must also be noted that when the opportunity arose to engage a coach and form a new club in their home community, Donri completely took over executive and managerial roles, in cooperation with their new coach. And it must be said that if the efforts involved in maintaining the operation of an existing club are challenging, those inherent in starting up a new organization are much more daunting. It is a matter of record that Donri's efforts resulted in a smooth operation, both on and off the mat. And the 100 Mile Club's gain was the Williams Lake Club's loss.

In summary, I have no hesitation to recommend Donri Helmer for the highest level of credit, based on my personal awareness of her efforts, commitment, and abilities.

Please do not hesitate to contact me if I can provide further information.

Yours for Kids in Sport

Rick Bryan, B Ed, M Ed  
Former President and Head Coach, Williams Lake Wrestling Club